



# GUNFIGHTER GAZETTE

1st Battalion, 1st Aviation Regiment Family Readiness Group Newsletter

MARCH 2005

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## A Message From Gun 6



The Gunfighters have returned!!! Thank God! And thank you all—soldiers, friends, and family members of 1-1 Aviation! We have completed our mission, and almost everyone is home. We should all be proud our contributions to this great accomplishment.

Another amazing accomplishment was the absolutely breath-taking welcome our returning soldiers received. It began as we drove onto Katterbach and saw the joyous “welcome home” messages, continued through our efficient Day 0 reintegration in-processing, and ended with the Hangar 4 doors opening to an emotionally stirring reunion ceremony decorated to the hilt. And when families, friends, and comrades descended upon the formation for the long-awaited hug, kiss, and pat on the back, it was simply . . . heaven in Bavaria!

The reintegration training left another lasting impression of professionalism and thoughtfulness as every station, everyday was prepared for soldiers with good information and friendly service. Half-day schedules promoted a reasonable pace of unit and self-defined reintegration activities.

We all recognize that none of these first-class reunion and reintegration events happened magically. They were a result of hard-working and visionary rear detachments, family readiness group leaders and volunteers, advance parties, community organizations, and families members. Your efforts made a huge difference for our redeploying Gunfighters, from E-1 to O-5!

Now, we're taking a long-awaited and much-deserved break from the relentless Army routine. Block leave, PT, light duty, family time, self-recovery, trips, relaxation, introspection, and enjoying simple freedoms are the priorities these days. It's all part of the reintegration process, and it feels pretty good.

Even though many of us are currently doing a diversity of things, the battalion is still “open for business” to work personnel actions, promotions, reports, follow-on assignments, and other matters. Likewise, we're all reminded to remain self-disciplined and accountable for our actions, per Gunfighter SOP. Standards are always “open for business.”

Thanks again for all your support, all year long downrange and here as we reintegrate with family, friends, and community. Although some things have changed during OIFII, one important thing hasn't: We succeed as a team! Thanks for being a part of this winning Gunfighter Team!

Respectfully,

LTC Dave Moore  
Gun 6

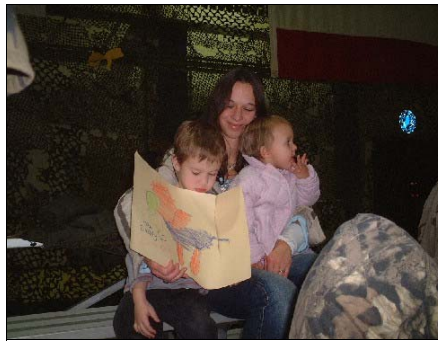
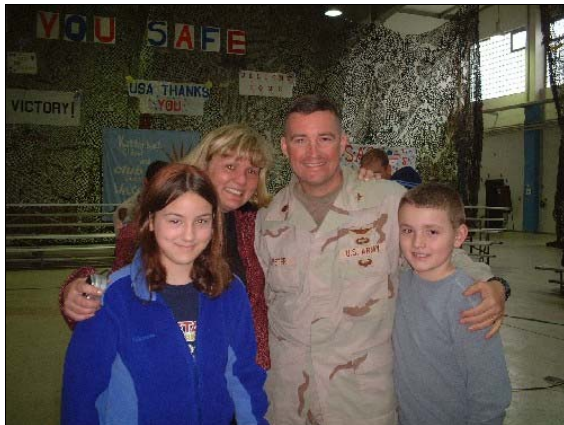
CSM James Martin  
Gun 7

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# Welcome Home, Gunfighters!

Gunfighter families were all smiles this past month with the safe return of the soldiers from Iraq. Over the course of several welcome-home ceremonies, Task Force Katterbach and Task Force Gunfighter—along with families and friends of the Gunfighters—gave our soldiers a rousing welcome home. Here are a few photos to commemorate this great occasion! Be sure to check page 5 of the newsletter for more ways the celebration will continue during the coming months..



**Top Left:** MAJ Scott Alpeter reunites with his wife, Diane, daughter, Kelsey, and son, Christopher. **Top Center:** Ina Ashline waits patiently with her son, Stephen, and daughter, Angelina, for the return of SGT Kenneth Ashline. **Top Right:** Ian Riddle is all decked out in red, white, and blue as he waits for his dad, CW4 Mark Riddle, to return from Iraq. **Middle Left:** Justin Cleversley, Michael Roston, Maria Martinez, Clay Cleversley, and SGT Leo Cleversley celebrate their reunion in Hangar 4. **Middle Right:** Marchelle Fox introduces the family's newest addition to her husband, SPC Donnie Fox, upon his return. **Bottom Left:** Honorary Gunfighter Ricky Miller sneaks a quick treat while waiting for his dad, CPT Mike Miller. **Bottom Right:** Michelle and CPT Brian Robertson reunite with a huge hug.





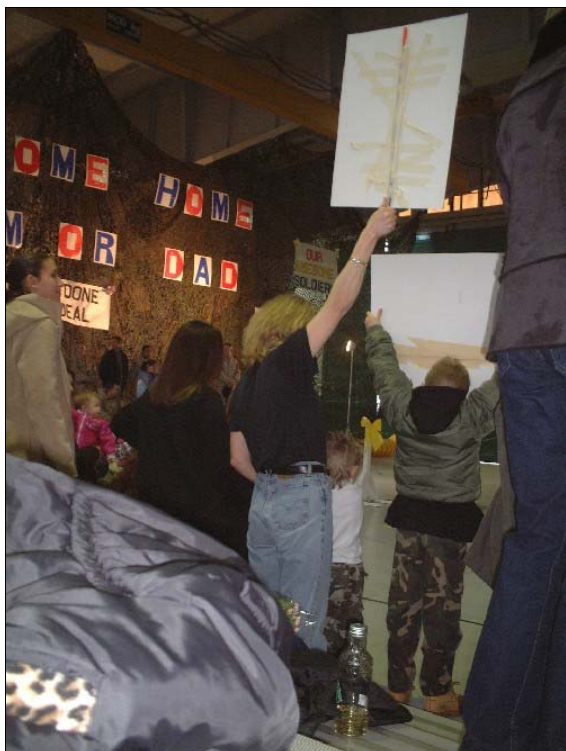
Soldiers reunite with their loved ones during a welcome-home ceremony.

**Middle Left:** All incoming soldiers went through mandatory in-processing in Hangar 3 prior to reuniting with families. **Middle Right:** Soldiers stand in formation as they prepare to march to Hangar 4, where family and friends wait to welcome them home.



Soldiers stand in formation as they wait to be reunited with their families in Hangar 4.





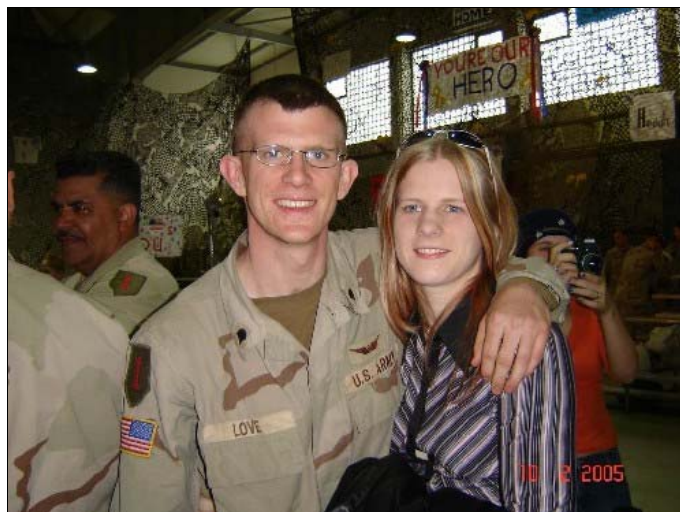
**Left:** Families cheer as the doors are opened and the soldiers march into the hangar. **Below:** The long year of separation ended on February 3, 2005, for SSG Jairo and Francia Lopera.



**Middle Left:** The Sweitzer family catches up with their dad and husband, SFC David Sweitzer. **Middle Right:** It's the best birthday ever for CPT Scott Thompson, who arrives home just in time to celebrate with his wife, Ali, and son, Jack. **Bottom Left:** Heather Dunton and Baby Dunton wait for CPT Levi Dunton to arrive in Hangar 4. **Bottom Right:** Deon and Corey Wise are back in dad's arms again after a year of separation.



**Left:** Cheryl and SGT Ronnie Bennett are all smiles at the welcome-home ceremony. **Right:** SPC Matthew and Tiffany Love celebrate their homecoming.



**Left:** Another group of Gunfighters marches into Hangar 4 where their families cheer their return. **Right:** Elizabeth and CPT Kyle Randall are together again after a year of separation.

## 1-1 Calendar Updates

With the redeployment of our soldiers, there's definitely a lot to celebrate this spring. Here are a few events to add to your calendar.

### 1-1 Aviation OIF II Gala Formal

Put on your dancing shoes and get ready for this celebratory event! The formal will take place at the Orangerie in Ansbach on April 22, 2005, and will begin at 1800. Plans are well under way for this celebration, so please start making arrangements now to attend. This is an event not to be missed!

### 4th Brigade OIF II Welcome Home Day

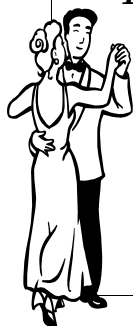
On April 29, 2005, there will be a brigade-wide ceremony during the day, followed by an evening extravaganza complete with big-name entertainment and fireworks. This event is fun for the entire family.

### 1-1 AVN Inactivation Ceremony

1-1 AVN will case its colors during a ceremony on June 20 in preparation of the Longbow transition. There will not be separate company inactivation ceremonies.

### Other Notes

The Normandy staff ride has been postponed until May. Company award ceremonies have also been postponed until May.



## A Child's View of Reunion

*Submitted by Angela McCormick*

I wanted to relay one short but cute story that only a kid could tell. Sincere Ibarrondo (daughter of SPC Eddie Ibarrondo) told us about how she went to get her dad from Iraq. She said that the directions were that when the big doors open and the soldiers come in and the rope falls, *then* I can go to Iraq and get my daddy.

I thought that was an adorable explanation of how it works. She is a student in our Sure Start Program and her daddy is in 1-1 AVN.

*If you have reunion photos or stories that you would like to submit for publication in the April newsletter, please e-mail them to Frannie Schneider at frannie.schneider@us.army.mil by Monday, March 22, 2005. Photos should be submitted in JPG format. Thank you!*

## Around the Community

For more information on any of the community events in the calendar, please contact your company FRG leader.

Get back in shape at the Katterbach Fitness Center! **Aerobic classes** are being offered every Tuesday and Thursday evening at 1800. For more information, call the Sports and Fitness Branch at 09802-832-810.

**Preschool story hour** at the Bleidorn Library will be held every Wednesday from 1400-1430. The Bleidorn Library will also celebrate **Read Across America** week March 7-11. Stop by the library to see the Dr. Seuss displays and show your support for the program. For more information, please call 0981-183-1740.

The Terrace Playhouse offers a weekly opportunity for parents and preschoolers to explore creativity together. **Preschool Creative Drama** is held every Friday from 1000-1100 at the Terrace Playhouse in the Bleidorn Housing Area. Call 0981-183-636 for more information.

**Cobbled Corner Crafts** has a full schedule of artsy classes this month. Sewing classes are held every Wednesday from 1830-2030. An all-day sewing workshop will be held March 26 from 1100-1500. Pottery classes will be offered March 2, 15, 23, and 30 from 1800-2000. Beginners' knitting will be held March 8 and 16 from 1100-1300. Framing and matting is scheduled for March 9 from 1730-2130. Wood-shop safety will be held March 19 from 1030-1130. A children's craft session is scheduled for March 12 from 1300-1500. Finally, Scrapbooking 101 will be held March 26 from 1300-1500. For more information, please call 0981-183-627.

The Katterbach Chapel is offering several **marriage retreats** this month. Join the weekly marriage enrichment workshops every Tuesday from 1000-1130 in the Life Skills Center. There will be a week-

end marriage retreat March 11-13 at the Edelweiss Lodge and Resort in Garmisch. There is also a one-day marriage enrichment workshop March 18 from 0830-1530 at Eddie's Place. Call the Katterbach Chapel at 09802-832-785 for more information.

Come ski the only glacier in Germany, the Zugspitze Glacier, with Outdoor Recreation! Wide open trails make this a great place for beginners and experts alike. The March 5 **one-day ski trip** costs \$30 per person, and includes transportation and ski equipment. Want to spend more than one day on the slopes? Then the March 18-20 **ski weekend** is just for you! Ski the slopes while staying near the famed Zell am See. Cost is \$289 per person and includes two nights in a three-star hotel with breakfast, transportation, equipment, and lift tickets. Call Outdoor Recreation at 09802-833-225 to sign up for either of these ski trips.

**Army Family Team Building Level II** will be offered at Army Community Service March 9-11 from 0900-1400 each day. AFTB is a volunteer-led organization that provides training and knowledge to spouses and family members of active-duty military personnel to support the total Army effort. AFTB's mission is to train all of the community who are interested in learning more about the Army lifestyle. Level II classes are designed for spouses with some military experience and include leadership, management, and problem-solving classes. Call ACS at 09802-832-883/846 to sign up for the program.

Escape the chilly March weather with three great getaway trips sponsored by Outdoor Recreation. On March 10, we'll travel to the **Wertheim Outlet Mall**. March 23 will take us to **Ikea in Nuernberg**, and on March 31, we'll venture to the **Marienberg Fortress**. Free

transportation is provided to all of these events. All trips require you to sign up prior to the event, so please call 09802-833-225 to reserve your spot.

The City of Ansbach is hosting **spring clean up (Aktion Saubaer)** on Saturday, March 12. All interested military and civilian personnel and family members are invited to participate. The meeting point will be the Bismarck Gate and parking lot at 0830. The bus will return to Bismarck at approximately 1400. Lunch will be provided. Call the Environmental Office at 09802-832-158 to sign up.

Come join Youth Services for **Spring Camp** this year! The camp will be held March 14-18 (spring break week) from 0900-1800. We will be visiting other communities, going on trips, and just having fun with each other! For more information, call 09802-832-395.

Feeling a little over the edge? Army Community Service's Family Advocacy Program is offering **Anger/Stress Management**. Classes will be held March 15, April 12, and May 17 from 1000-1100 in the ACS classroom (Building 5817). Call 09802-832-883/516 for more information.

Turn in your volunteer hours! Final **volunteer hours** are due to the Army Volunteer Corps office in ACS by March 15. All hours logged since April 2004 must be turned in for volunteers to be recognized. All persons with at least one hour recorded will be presented a BSB certificate. After March 15, volunteer hours will continue to be accepted for record-keeping purposes.

Help clean up the **Soldier's Lake** area in time for the warmer weather. The volunteer clean-up

*"Around the Community" is continued on page 7.*

## Around the Community

Continued from  
page 6.

weekend will take place March 19 from 0900-1600 and March 20 0900-1500. We'll cut the brush, pick up trash, put out trash cans, and move some rocks before the start of fishing season. For more information, call 09802-1635.

Child and Youth Services is offering a **Volunteer Child Care in Unit Settings (VCCUS) training** on Tuesday, March 22 from 0900-1200 at the Illesheim School-Age Services center. This training is required for all VCCUS volunteers prior to providing child care in the VCCUS program. For more information and to sign up, please call Emily McCreery at 09802-532-533. Please sign up to attend the training by Friday, March 18.

Are you interested in being a guest reader for the **Rainbow Reading Night**? The event will take place on March 24 from 1800-1930. Guest readers are needed to read fairy tales, poems, biographies, realistic fiction, and more. Call or e-mail Roseland Harper at 0981-15984 or [roseland.harper@eu.dodea.edu](mailto:roseland.harper@eu.dodea.edu) to become a guest reader.

BOSS is sponsoring a **welcome-home party** at the Underground on March 25 at 2100. There is an entrance fee of \$5 per person, which includes one free beverage (beer or soda) and munchies. (Free entrance, sodas, and food for designated drivers.) Contact your BOSS rep for more information.

**Chapel Easter services** are as follows: Good Friday Catholic liturgy on March 25 at 1800. Easter Sunday will have the regular Sunday schedule in Katterbach. Holy Thursday Mass will be in Illesheim on March 24 at 1800. Easter Vigil Mass will also be at Illesheim on March 26 at

2000. There will be a Protestant sunrise service and breakfast on March 27 at 0730 in Illesheim.

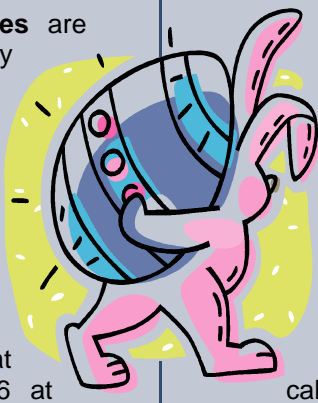
Come one, come all, and join Child and Youth Services for a hoppin' good time! We're hosting an **Easter Egg Hunt** for children of all ages on March 26 from 1100-1500 at the Ansbach High School. A very special guest will visit! For more information, call 09802-832-395.

Join Outdoor Recreation for a **crystal shopping trip** to the Czech Republic on March 26. Karlovy Vary is well known for its inexpensive crystal and crafts. Time permitting, we will stop at one of the many flea markets along the way. Passports are required. Cost is \$45 per person. Call 09802-833-225 for more information.

Due to personnel shortages and deployments of veterinary units, the **Ansbach Veterinary Clinic** is running very limited hours. If you are unable to get an appointment, please seek the care of a local veterinarian on the economy. The vet clinic has a list of local veterinarians in the area, and the information is also posted on the door of the veterinary clinic. Thank you for your understanding. For more information, call 09802-833-179.

Need extra cash? The **Franconian Inn** is looking for part-time custodial workers. Pay is \$7.30 per hour, guaranteed 20 hours per week. For more information, please call CPAC at 0981-183-822.

Learn the art of kick and punch with **Tae Kwon Do**. Classes are held every Tuesday and Thursday at 1830 in the Katterbach School-Age Services Gym. To sign up or for more information, call 09802-832-395.



## Overcoming Combat Stress

Combat stress has been called different things over the years—shell shock, war neurosis, and battle fatigue. But for a long time, we haven't improved much in our efforts to help soldiers recover from the emotional wounds of their combat experience. Times are changing, and for the better.

All levels of Army leadership are now focused on helping our heroes deal with these "normal reactions by normal people to abnormal situations," like combat. These "emotional wounds" are not always as visible as the physical wounds, but they can be serious, and they do require treatment. Whether self-aid, buddy-aid, or professional care, these are wounds that can heal.

If you think that you or a loved one may be experiencing signs and symptoms of combat stress, there are many places where you can seek assistance. You can find help at the Katterbach Health Clinic, Wuerzburg Hospital, your unit or post chaplain, Army Community Service, Alcohol and Substance Abuse Program, and Social Work Services. Army One Source counselors and the VA can also provide assistance.

### 235th BSB Quick References

Family Life Chaplain  
09802-832-235

Social Work Services  
09802-832-850

Katterbach Chapel  
09802-832-785

*After duty hours, contact the MP desk at 0981-183-114.*



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# MPS



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